



# Turkey Jam



Lehi Legacy Center  
123 N Center St.  
801-768-7124  
www.lehi-ut.gov

## LEHI LEGACY CENTER TURKEY JAM November 25, 2010

*Come enjoy a great workout and eat guilt-free  
later that day!!!*

Do you want to work out before  
that big turkey dinner? Then  
come to the Legacy Center for  
great classes and a great workout!

### Classes Offered

**Boot Camp Circuit**

**Zumba/Turbo Kick**

**Yoga**

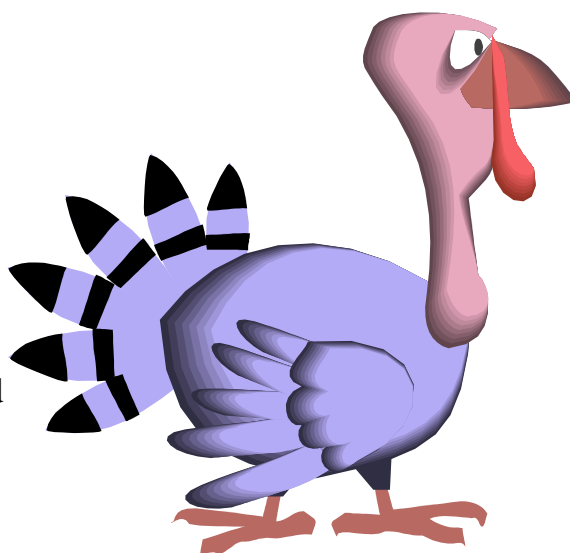
**Step Interval**

**Cycle** (sign-up required)\* begin  
11/22 @ front desk, space limited

**Tread** (sign-up required)\* begins  
11/22 @ front desk, space limited

\*There will be two 40-minute  
rotations for the Cycle and Tread  
classes.

Basketball courts will be  
closed. Participants must be in  
the facility doors before 8am to  
participate in any or all of the  
classes. At 8am, the doors will  
be locked.



### ×QUICK FACTS

What .....Turkey Jam

Where .....Lehi Legacy Center

When .....Thanksgiving Morning, November 25, 2010

Who .....14yrs & Older

Time.....8:00am – 9:30am

(Must be in facility by 8:00am **SHARP**, doors will be  
locked)

Fee .....\$3 with a can food donation

Legacy Center Members Free with a can food donation

### REGISTRATION

Sign-ups required for Cycling and Tread Classes. Sign-ups begin Monday  
November 22, at the front desk. Spaces limited!

### INFORMATION

For more information call Legacy Front Desk @ 801-768-7124